

Dear Friends:

Welcome to 2007! I hope this year is a healthy and prosperous one for you and your family.

We created this calendar to provide basic information on a variety of environmental issues and to encourage you to make "green choices" that help protect your health and the environment. We chose issues for each month as a way to organize the calendar but please remember that you can use any tip from any month at anytime! Most environmental issues are interrelated. For example, some of the actions you can take to Choose Clean Air can result in reductions of greenhouse gas emissions. Similarly, you may choose energy conservation measures that also benefit our air quality.

Many of the choices listed for each month refer you to Web sites for more information. I encourage you to learn more about all these green choices. To facilitate easy access to all the Web sites referenced in this calendar, we created www.greenchoices.utah.gov as a portal. This site is also accessible on our homepage at www.deq.utah.gov

Thank you for your personal efforts to protect Utah's environment. I am confident that, together, we can all make a significant difference.

Dianne R. Nielson, Ph.D. Executive Director Utah Department of Environmental Quality



### **About DEQ "Green Choices" Programs**

DEQ administers a number of outreach programs aimed at educating Utah residents about what they can do to protect their health and Utah's environment including:

Adopt-A-Waterbody (AAW): is a program designed to benefit Utah's water resources through the actions of volunteer groups. Any individual or group can adopt a public surface or ground water resource, such as a lake, pond, stream, wetland, or aquifer. Most groups adopt small sections of waterways near their homes or organizations and complete enhancement projects. For more information go to: www.adoptawaterbody.utah.gov/

**Asbestos**: Asbestos is most commonly found in older homes, in pipe and furnace insulation materials, asbestos shingles, millboard, textured paints and other coating materials, and floor tiles. Unless you do the work yourself, the only legal option in having asbestos removed from your home is to hire a certified abatement contractor. Removing asbestos from your home can be dangerous as some asbestos fibers can be released into the air making exposure unavoidable. There is no known safe level of asbestos exposure. For more information visit: www.airquality.utah.gov/



The Choose Clean Air campaign encourages individuals to make choices that protect our air quality. Air quality is

important all year, so DEQ issues air quality alerts during the winter inversion and summer ozone seasons, when pollution level rise due to weather conditions.

From November 1 through March 1 each year, the "Red Light-Green Light" program aims to curtail air pollution caused by vehicle emissions, wood and coal-burning stoves and fireplaces. Daily notifications are issued using a color coded alert system. Green means burning is allowed, yellow encourages less driving and voluntary no-burning, and red means no burning is allowed and driving is discouraged.

The Summer Ozone Season runs from June 1 through September 1, a period of time when ground-level ozone (sometimes called smog) is most likely to occur. Ozone is formed when automobile, industrial, and other emissions chemically react at high temperatures. DEQ issues air quality alerts calling for a "No Drive Day" when exceptionally high concentrations of ground-level ozone are forecast. To automatically receive Choose Clean Air alerts visit: www.cleanair.utah.gov/



Put Used Oil Recycle Used Oil: The used oil program promotes proper collection and disposal of do-it-yourselfer (DIYer) used oil. DIYer oil is generated through household activities including maintenance

of personal vehicles. Used oil collection centers are available for the public to bring their DIYer oil to be recycled. For locations and more information visit: www.usedoil.utah.gov/



Get the Mercury Out! Mercury is a toxic chemical that, if released to the environment, can cause serious ecological and health problems. Mercury is found in household products like thermometers, thermostats, and fluorescent bulbs. The mercury in these products is generally contained in glass or metal so it does not pose a risk unless

the product is damaged or broken and mercury vapors are released. Knowing what products contain mercury, handling them properly, and knowing what to do in case of a spill will help limit the risk of mercury exposure to family members and pets. For more information on how to "Get the Mercury Out" of your home visit: www.deq.utah.gov/Mercury/

Lead: Lead paint poisoning continues to be a concern for children under the age of six. In addition to lead paint, lead-contaminated dust and soil are primary sources of lead exposure. Children are especially susceptible to lead poisoning and elevated blood lead levels can trigger learning disabilities, decreased growth, hyperactivity, impaired hearing and even brain damage. If you plan to purchase or remodel a home built before 1978, please visit our Web site to learn more about lead paint removal and lead poisoning prevention: www.airquality.utah.gov



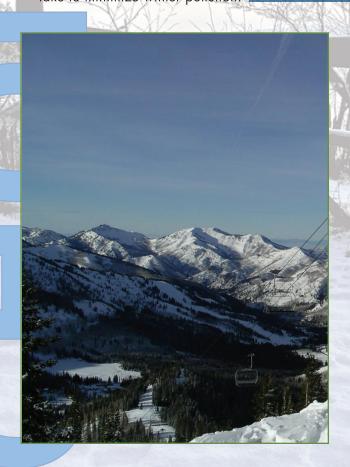
**PowerForward**: PowerForward is a publicprivate partnership sponsored by DEQ and Utah's electric utilities to promote an ethic of energy conservation and efficient use in homes, businesses, and state-owned buildings. The PowerForward color coded alert system notifies citizens and businesses when additional conservation

measures should be taken to avoid involuntary outages. To automatically receive PowerForward alerts visit: www.powerforward.utah.gov/

Radon: Radon is a naturally occurring, odorless, tasteless, radioactive gas produced by the breakdown of uranium in rocks and soil. It is harmlessly dispersed in outdoor air, but when trapped in buildings, can be harmful, especially at elevated levels. Radon is the second leading cause of lung cancer, after smoking. The U.S. Environmental Protection Agency and the Surgeon General have recommended that all residences (except those above the second floor) be tested for radon. To order a test kit visit: www.radon.utah.gov/

### INDOOR & OUTDOOR AIR QUALITY

Outdoor Air Quality: Winter includes at least one inversion period for many of Utah's valleys. An inversion occurs when the right conditions – high pressure, cold temperatures, no breezes - cause cold air to become trapped. If the air isn't moving, neither is the pollution from cars, wood burning stoves and other sources. It begins to build up, held in place beneath a layer of warm air. While we can't control the weather, there are steps we can each take to minimize winter pollution.



#### **CHOICES:**

- ✓ Subscribe to the
  Choose Clean Air Listserv
  to receive air quality alerts
  at: www.cleanair.utah.gov/
- ✓ Use your wood burning stove/fireplace properly according to the Red-Yellow-Green alerts.
- ✓ Keep your chimney clean and have it inspected annually.
- ✓ Drive less. Carpool, walk or take mass transit.
- ✓ Keep your vehicle well tuned.



#### **Indoor Air Quality:**

January is "Radon Action Month."
Radon is a cancer-causing, radioactive gas. It is the number one cause of lung cancer among non-smokers. You can't see, taste or smell radon. It comes from the natural breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can get into any type of building but your greatest exposure is likely your home. For this reason, you should test your home to determine what levels are present.

#### **CHOICES:**

- ✓ Learn more about the health effects of radon at: www.epa.gov/iaq/radon/healthrisks.html
- ✓ Test your home for radon. To order a test kit visit: www.radon.utah.gov/
- ✓ Include radon-resistant measures in your basement remodeling.

### **JANUARY**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day			Statehood Day Utah proclaimed the 45th State 1896		
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Green Valentine's Day

February is the month where love is celebrated, usually in the traditional way of red roses, red-ribbon wrapped chocolates, and red heart-shaped Valentine's cards.

Here a few more tips for the green at heart to make your Valentine's Day more environmentally friendly.





### **CHOICES:**

- ✓ Instead of driving to a restaurant for a Valentine's Day dinner, take mass transit or cook a romantic dinner at home.
- ✓ Bake cookies or other goodies for your valentine and package them in reusable and/or recyclable containers as gifts.
- ✓ Buy cards that use recyclable paper, send e-mail cards, or make your own.
- ✓ Buy organic flowers or live bushes, shrubs, or trees that can be planted in the spring.
- ✓ Give green gifts such as Blue Sky renewable wind power, or make a donation to an environmental organization.

#### Did You Know?

Next to Christmas, Valentine's Day is the biggest holiday for greeting card retailers. More than 80% of Americans report that they send a card to a significant other.

# **FEBRUARY**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	Valentine's Day	15	16	17
18	Presidents' Day	20	Ash Wednesday  21	22	23	24
25	26	27	28			

# **Healthy Homes**

Most people spend over 90 percent of their time indoors and more time at home than anywhere else. Home is also where an environmentally friendly lifestyle is taught and lived. Most of our homes contain household chemicals, such as pesticides and old homes could contain asbestos and lead. These things may harm children, pets or the environment. Consider making your home a healthy environment by taking small steps to prevent and reduce pollution.





#### **CHOICES:**

- ✓ Hire a state-certified asbestos abatement professional to remove any asbestos from your home.
- ✓ Test homes built before 1978 for lead-based paint.
- ✓ Exchange old mercury thermometers for digital ones at local health departments.
- ✓ Read labels before you buy, use, store or dispose of household pesticides and chemicals.
- ✓ Test your home for radon.
- ✓ Install carbon monoxide and smoke detectors.
- ✓ Get the Mercury Out! Exchange old mercury thermometers for digital ones at local health departments. Visit: www.deq.utah.gov/Mercury/
- ✓ For more tips on keeping your home healthy, visit: www.deq.utah.gov/Healthy-Homes





**Did You Know?** A deadly gas is produced when ammonia is mixed with chlorine! These are two chemicals often found in household cleaning products. Never mix household chemicals unless the label indicates that mixing is safe.

### **MARCH**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Daylight Saving Time Begins	12	13	14	15	16	St. Patrick's Day
18	19	20	Vernal Equinox 21	22	23	24
25	26	27	28	29	30	31

# **Earth Day**

April is a time to celebrate spring and recognize the importance of a healthy environment. Instead of just celebrating Earth Day on April 22, make choices for a healthier environment during the entire month.





### **CHOICES:**

- ✓ Calculate your greenhouse gas emissions at: www.deq. utah.gov/greenhouse
- Determine your ecological footprint at: www.myfootprint.org/
- ✓ Adopt-A-Waterbody! Learn more at: www. adoptawaterbody.utah.gov
- ✓ Replace incandescent light bulbs with energy efficient fluorescent ones.
- ✓ Increase the amount of insulation in your home to reduce heat loss.
- ✓ Minimize water use by purchasing efficient toilets, faucets, and shower heads.
- ✓ Purchase rechargeable batteries, reducing the amount of trash going into landfills.





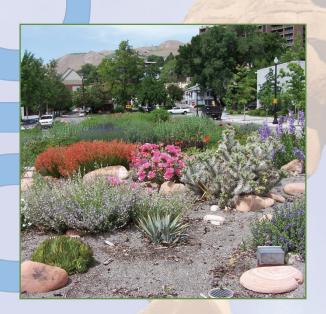
**Did You Know?** Earth Day was conceived by U.S. Senator Gaylord Nelson in 1969 after he witnessed the environmental devastation to the Santa Barbara coastline after an oil spill. He was so outraged by what he saw that he went back to Washington and passed a bill designating April 22 as a national day to celebrate the earth.

### **APRIL**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Palm Sunday		Passover			Good Friday	
1	2	3	4	5	6	7
Easter	9	10	11	12	13	14
15	16	17	18	19	20	21
Earth Day	23	24	25	26	Arbor Day  27	28
29	30					

# Water Quality and Quantity

Water is the life-blood of Utah's desert environment. From lush mountain meadows to harsh desert valleys, water holds everything together – making the land inhabitable by people and wildlife. Utah is the second driest state, receiving an average of only 13 inches of precipitation a year. Yet we consume about 293 gallons per person per day, over half of which is used to water lawns and gardens. As Utah's population continues to grow, it is important to conserve and protect water quality.





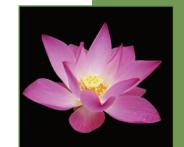




### **CHOICES:**

- Consider using native plants that use less water.
- ✓ Water lawns and gardens only in early morning or late evening to avoid the heat of the day.
- ✓ Use soaker hoses or trickle irrigation systems for trees and shrubs.
- Never dump anything down a storm drain or drainage ditch. Storm drains flow directly to a creek or stream, without any treatment.
- ✓ Use fertilizers and pesticides only when needed and follow application instructions. Fertilizers promote algae growth in our waterways.
- Sweep outside instead of using the hose.
- ✓ Take short showers and turn off the water when you brush your teeth.
- Learn more about water conservation at: www. conservewater.utah.gov/

**Did You Know?** A five minute shower uses 12 to 25 gallons while a full tub requires about 70 gallons. Switching to an ultra low-flow showerhead could save you as much as 2.5 gallons every minute you shower.

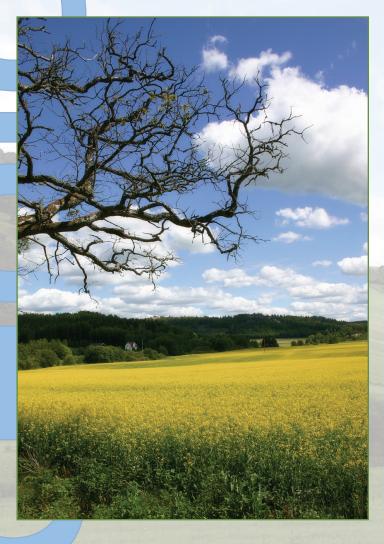


### **MAY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	Cinco de Mayo
6	7	8	9	10	11	12
Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27	Memorial Day	29	30	31		

# The Three Rs: Reduce, Reuse and Recycle

Choosing to conserve resources using the 3 Rs is one of the most effective and easiest ways to help our environment. First, reduce how much you use. Next, reuse what you can. Finally, recycle the rest. It really is that simple. Using the 3 Rs helps reduce the amount of waste created and disposed in landfills and helps support the development of markets for recycled products.







#### **CHOICES:**

#### Reduce:

- ✓ Use double-sided photocopies or printing whenever possible
- ✓ Buy permanent items instead of disposables such as rechargeable batteries.
- ✓ Buy and use only what you need.
- ✓ Buy products with less packaging.

#### Reuse:

- ✓ Repair items, when possible.
- ✓ Purchase durable items such as coffee mugs and cloth napkins.
- Clean and reuse juice bottles and other containers to store water and food.
- ✓ Reuse boxes, ribbons, and bows.

#### Recycle:

- ✓ Recycle Used Oil. For more information visit: www.usedoil.utah.gov
- ✓ Recycle paper, plastic, cardboard, and aluminum through local curb side programs and drop-off centers.
- ✓ Plug-In To eCycling, visit: www.deq.utah.gov/ecycling
- Compost grass, yard clippings and food scraps.
- ✓ Close the loop buy recycled products and products that use recycled packaging



Choose Clean Air



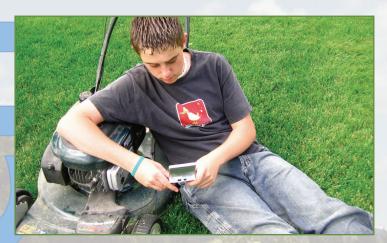


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	Flag Day  14	15	16
Father's Day	18	19	20	Summer Solitice 21	22	23
24	25	26	27	28	29	30

### Ozone Season

July is one of the hottest months of the summer. It is also a time of ozone, an invisible gas formed when vehicle emissions combine with heat and sunlight. Ozone can burn your lungs in a way that's similar to the way the sun burns your skin. People with respiratory and other illnesses are especially sensitive and recent studies show that exposure to low levels of ozone can damage healthy lungs over time. Protect your health and the environment by taking proactive measures.





#### **CHOICES:**

- ✓ Keep your vehicle well
  tuned and tires properly
  inflated.
- ✓ Wait to gas up until early evening hours. Don't top off your tank.
- ✓ Limit your car's idling time.

  Avoid drive through windows.
- ✓ Drive less. Combine your errands into one trip.
- ✓ For more choices, visit: www.cleanair.utah.gov/





#### Did You Know?

Using a gas-powered lawn mower for one hour produces as much pollution as driving your car 50 miles.



Choose Clean Air



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	Independence Day	5	6	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	Pioneer Day  24	25	26	27	28
29	30	31				

### **Energy Conservation**

Energy conservation, such as efficient heating, cooling, and lighting, not only saves money, it also reduces environmental impacts. These include air pollution, acid rain and climate change, oil spills and water pollution, loss of wilderness areas, construction of new power plants, and foreign energy dependence. There are many things you can do to reduce your energy use without greatly changing your lifestyle. Energy conservation and efficiency go a long way preserving our planet's rich natural resources and promoting a healthy environment.





#### Did You Know?

Governor Huntsman set a goal to increase energy efficiency by 20% by the year 2015. Learn more at: www.energy.utah.gov/

If every American household changed a single light bulb to an Energy Star bulb, it would provide enough power to light more than 2.5 million homes, while saving consumers money.

#### **CHOICES:**

- ✓ Purchase energy efficient products that have earned the Energy Star label www.energystar.gov/
- ✓ Subscribe to the PowerForward listserv and receive alerts when extra conservation is needed at: www.powerforward.utah.gov/
- ✓ Turn your refrigerator and water heater thermostats down.
- ✓ Replace incandescent light bulbs with compact fluorescent bulbs.
- ✓ Make your home more energy efficient: insulate your walls and ceilings, modernize your windows, wrap your water heater and plant shade trees.
- Run your dishwasher and washing machine only when fully loaded.
- ✓ Whenever possible, walk, bike, car pool, or use mass transit.

### **AUGUST**





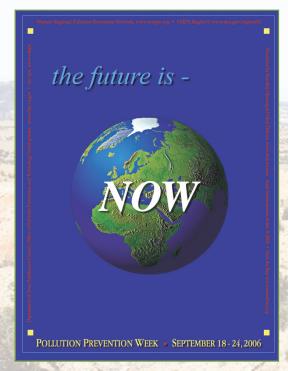
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# **Pollution Prevention (P2)**

Pollution Prevention (P2) is any practice that avoids, eliminates or reduces waste at the source and prevents pollution to the land, water and air. P2 focuses on reducing mankind's ecological footprint. September 17-23, 2007 is designated as Pollution Prevention Week. This is a great opportunity to participate in activities that prevent pollution and to remember that we can make choices that make a difference. To learn more, visit: http://www.deq.utah.gov/Pollution\_Prevention/\_









#### **CHOICES:**

#### At Home:

- Recycle plastics, glass, aluminum, newspaper, used motor oil, transmission fluid, and brake fluid.
- ✓ Buy less toxic cleaning supplies and use little or no fertilizer or pesticides.
- ✓ Install water saving devices in your home to conserve water.
- ✓ Get the Mercury Out! Learn more at: www.deq.utah.gov/Mercury/

#### At Work/School:

- ✓ Start a recycling program.
- ✓ Double-side your photocopies.
- ✓ Look into telecommuting, car pooling and alternative work schedules.

#### At Play:

- ✓ Stay at hotels that have environmental programs for linens, towels, energy efficiency and recycling.
- ✓ Rent and drive fuel efficient rental cars and avoid long periods of idling.
- ✓ Leave No Trace" when you hike, bike, picnic and camp, visit: www.lnt.org/

### **SEPTEMBER**





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Labor Day	4	5	6	7	8
9	10	11	12	Rosh Hashanah	14	15
16	<b>17</b>	18	19	20	Autumnal Equinox	Yan Kippur
23	24	25	26	27	28	29
30						

### Children's Environmental Health Month

Children thrive with clean air to breathe, clean water to drink, safe food to eat, and a healthy environment in which to learn and grow. Children are more vulnerable to some environmental risks than adults for several reasons:

Children's nervous, immune, digestive, and other systems are still developing and their ability to metabolize or inactivate toxicants may be different than adults;

Children eat more food, drink more fluids, and breathe more air in proportion to their body weight than adults; and

Children's behavior—such as crawling and placing objects in their mouths—may result in greater exposure to environmental contaminants.



### **CHOICES:**

- ✓ Help children breathe easier by not smoking near them.
- ✓ Protect children from lead poisoning. Observe National Lead Poisoning Prevention Week in November. Call 1-800-424-LEAD for more information.
- ✓ Keep pesticides and other toxic chemicals away from children.
- ✓ Protect children from carbon monoxide (CO), radon, and mercury.
- ✓ Protect children from contaminated fish and polluted water.
- ✓ Protect children from too much sun.
- ✓ Limit your child's outdoor activity on days when pollution levels are high and could lead to respiratory problems.
- ✓ Visit: yosemite.epa.gov/ochp/
  ochpweb.nsf/content/homepage.htm
  for more tips on how to protect children.





### **OCTOBER**





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	Columbus Day	9	10	11	12	13
National Children's Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Halloween 31			

## **Green Thanksgiving**

November marks a month to be thankful. It is often celebrated with a bounty of food, something that could not be achieved without a healthy environment. As we feast, give gifts, decorate and travel, we also consume lots of resources and generate lots of waste. There are ways to celebrate Thanksgiving Day without being wasteful.





#### **CHOICES:**

- ✓ Recycle aluminum and plastic beverage containers.
- ✓ Save energy by filling your dishwasher to capacity before running it.
- ✓ Compost leftover food scraps, leaves, and grass clippings.
- ✓ Put leftovers in reusable containers, and share them with family, friends, and neighbors.
- ✓ Wash and reuse empty glass and plastic jars, milk jugs, coffee cans, dairy tubs, and other similar containers.
- ✓ Turn down your thermostat, turn off unneeded lights or put lights on timers.
- ✓ November 15 is America Recycles Day, visit: www. americarecyclesday.org/ home.html

### NOVEMBER



#### Did You Know?

The amount of household garbage in the United States generally increases by 25 percent between Thanksgiving and New Year's Day, from 4 million tons to 5 million tons.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Daylight Saving Time Ends	5	Election Day	7	8	9	10
Veteran's Day	12	13	14	America Recycles Day  15	16	17
18	19	20	21	Thanksgiving 22	23	24
25	26	27	28	29	30	

# Green Holiday Season

As we enter the holiday season, consumers flock to malls, department stores and outlets to search for that perfect gift, that one card that says it all, the perfect tree. Holiday festivities don't have to negatively impact our environment. There are a number of measures that all of us can take to lessen the amount of trash we produce — and the amount of time we spend on the road — without having to put a damper on the holiday season.

#### **CHOICES:**

- ✓ Wrap gifts with paper bags, the Sunday comics or use gift bags and decorative boxes that can be reused.
- ✓ Collect bows, ribbons, and other decorations to reuse next year.
- ✓ Buy cards made from recycled paper and printed with non-toxic inks.
- Send e-greetings to family, friends, and business associates.
- Make gift tags from last year's holiday cards or use small, leftover pieces of wrapping paper.
- ✓ Buy a living tree you can plant outside or keep as a houseplant after the holidays.
- ✓ Make a New Years resolution to make more "green choices" that protect your health and Utah's environment.



#### Did You Know?

The amount of cards sold during the holiday season would fill a football field 10 stories high, and requires the harvesting of nearly 300,000 trees.

### **DECEMBER**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	Hanukkah <b>5</b>	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	Winter Solstice
23	24	Christmas 25	26	27	28	29
30						



### Feedback: Do you have choices we should include in our 2008 calendar? E-mail them to: DEQINFO@utah.gov www.greenchoices.utah.gov Monthly suggestions for 2007. It's all about choices.

Salt Lake City, Utah 84114-4810 168 North 1950 West Office of Planning and Public Affairs DEPARTMENT OF ENVIRONMENTAL QUALITY STATE OF UTAH

2007

CHOICES CALENDAR